

The POST Study

Preventing Opioids through Supported Transition

JR youth and substance use

JR youth are at risk of substance use disorders including opioid use disorders. About two-thirds of JR youth have substance use disorders, and 20% have opioid use disorders.

What is the POST study, exactly?

The POST Study is testing 3 OUD prevention programs of low, medium, and high intensity. They are designed to prevent unintentional opioid overdose and to treat existing non-opioid SUDs to prevent OUD initiation or escalation. We will evaluate both their **effectiveness** and their **cost**. We hope the results will inform DCYF in determining future programming.

<u>Intensity</u>	<u>Before release</u>	<u>After release</u>
Low	OUD education course (<i>online, 1-2 h</i>)	-
Medium	1 goal-setting session (<i>60 min</i>) 3 goals + case mgt sessions (<i>15 min</i>)	8 goals + case mgt sessions (<i>15 min</i>)
High	8 ACRA sessions (<i>30-60 min</i>)	12 skills sessions (<i>20 min</i>)

Who are the POST lead investigators at each agency?

The POST study is funded by a grant that was jointly submitted by Seattle Children's, the University of Washington School of Social Work, and DCYF. The NIH HEAL (Helping End Addiction Long-Term) Initiative funds it.

DCYF - Ted Ryle Clinical Director/Co-Investigator, Robert Hopkins Project Coordinator

Seattle Children's - Kym Ahrens, current DCYF medical director

UW School of Social Work - Kevin Haggerty, one-time Echo Glen staff

How could this benefit JR youth?

- All youth, whether or not they are in the research study, will receive education about OUD and overdose prevention. We developed the OUD education course in partnership with the UW Alcohol and Drug Abuse Institute.
- Some youth will receive intense treatment to prevent developing an OUD.
- Some youth will receive case management that will provide extra support during community reentry.

How could this benefit DCYF?

- DCYF will use what we learn to inform the use cost effective programming and OUD prevention.

- We are establishing procedures that DCYF can use so that the next program or intervention can happen seamlessly.

More details about the study

- We are using a practical design called SMART, which stands for Sequential Multiple Assignment Randomized Trial. The purpose of a SMART design is to develop a flexible, cost-effective intervention approach that responds to the individual needs of the youth.
- Youth would start about 1-2 months before their release. Youth without SUD history will be randomized to Low or Medium intensity. Youth with SUD or mild OUD will be randomized into Medium or High. Participants may be switched via randomization between program levels at specific times based on progress, engagement, or substance use.
- We will ask youth to complete a survey 4 times. At each time, some of youth may be asked for a urine sample. Youth can earn a study incentive up to \$170 for completing all 3 surveys.
- We will invite youth and ask for their consent before starting. All research activities are optional; they can say yes to some and no to others. They can stop any time.
- All youth can take part, unless they have a moderate or severe OUD or they are unable to participate meaningfully (i.e., schizophrenia or severe developmental disorder).
- All youth can take part in the OUD prevention programs without taking part in the research surveys.

Timing

In 2021 we conducted a small pilot study where we developed, tested, and refined our procedures. We enrolled about 30 youth from all 3 residential facilities and 3 community facilities.

From 2021 to 2024 we are conducting a large randomized controlled trial. We anticipate enrolling 430 youth from all facilities.

Contact us

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